

In the specification:

On page 9, line 21, following "production." insert --Such a dietary fat composition is consistent with the dietary fat composition of the Step I diet of the American Heart Association.--.

In the claims:

1. (Amended) A method of increasing the HDL concentration and the HDL/LDL concentration ratio in human serum by providing a balance between a sufficient and required proportion of cholesterol-free saturated fatty acids in the daily dietary fat of said human and a sufficient and required, but not excessive proportion of polyunsaturated fatty acids comprising linoleic acid in said dietary fat, while the remaining proportion of fatty acids and energy from said dietary fat is provided by monounsaturated fatty acids comprising oleic acid, said method comprising the step of: ingesting said dietary fat, wherein said saturated fatty acids are selected from the group consisting of palmitic acid, myristic acid, lauric acid, and combinations thereof, and [must] constitute between 20% and 40% by weight of the daily dietary fat based upon said dietary fat accounting for 30% of the total dietary energy consumption, and wherein said linoleic acid [must] constitutes between 15% and 40% by weight of said dietary fat, whereby the required proportional intake of said polyunsaturated fatty acids enhances the formation of HDL from VLDL and/or decreases the clearance of HDL, while an excessive proportional intake of said polyunsaturated fatty acids and said monounsaturated fatty acids is avoided to assure a sufficient dietary availability of said saturated fatty acids which are required for sufficient VLDL synthesis and HDL production, and wherein the composition of said daily dietary fat is consistent with the Step 1 diet of the American Heart Association.

7. (Amended) A method of decreasing the LDL concentration in human serum comprising the step of [by] providing saturated fatty acids selected from the group consisting of palmitic acid, myristic acid, lauric acid, and combinations thereof, in the daily diet in a proportion between 20% and 40% by weight of the daily dietary fat based upon said dietary fat accounting for 30% of the total dietary energy consumption, and maintaining a proportion of polyunsaturated fatty acids comprising linoleic acid in the daily diet at the expense of monounsaturated fatty acids comprising oleic acid and/or elaidic acid, wherein said linoleic acid constitutes between 15% and 40% by weight of said dietary fat, whereby removal of plasma VLDL remnants and LDL is maximized, and the production of LDL is reduced.

8. (Amended) A method of increasing the HDL and stabilizing or decreasing the LDL concentration in human serum comprising the step of [by] providing saturated fatty acids selected from the group consisting of palmitic acid, myristic acid, lauric acid and combinations thereof, in the daily diet in a proportion between 20% and 40% by weight of the daily dietary fat based upon said dietary fat accounting for 30% of the total dietary energy consumption, whereby the production of VLDL, as the HDL precursor, is adequately sustained and is not rate limiting in HDL biosynthesis, and maintaining a proportion of polyunsaturated fatty acids comprising linoleic acid in the daily diet at the expense of monounsaturated fatty acids comprising oleic acid and/or elaidic acid, wherein said linoleic acid constitutes between 15% and 40% by weight of said dietary fat, whereby VLDL catabolism to HDL is facilitated and hepatic clearance of VLDL remnants and LDL is enhanced.

9. (Amended) A method of increasing the HDL concentration and the HDL/LDL concentration ratio in human serum comprising the step of consuming [by the dietary consumption of] foods prepared using a cholesterol-free single fat or blended fat

AB composition containing a ratio of one part by weight polyunsaturated fatty acids to at least one part by weight saturated fatty acids, wherein said single fat or blended fat composition comprises linoleic acid and at least one saturated fatty acid selected from the group including lauric acid, myristic acid, and palmitic acid, said linoleic acid constituting between 15% by weight and 40% by weight of said composition and said saturated fatty acid constituting between 20% and 40% by weight of said composition, whereby adequate dietary levels of saturated fatty acids in the absence of cholesterol stimulate VLDL synthesis and secretion by the liver, and adequate dietary levels of linoleic acid enhance LPL activity and generation of HDL from VLDL while stimulating the removal of VLDL remnants and LDL and [concommitantly] ~~concomitantly~~ decreasing CETP activity and HDL catabolism.

23. (Amended) A method of increasing the HDL concentration and the HDL/LDL concentration ratio in human serum comprising the step of ingesting [by the dietary consumption of] foods prepared using at least one modified fat selected from the group including a chemically interesterified fat, an enzymatically interesterified fat, and a synthetic fat, wherein said modified fat comprises one part by weight polyunsaturated fatty acids and at least one part by weight saturated fatty acids selected from the group including lauric acid, myristic acid, and palmitic acid, said polyunsaturated fatty acids constituting between 15% by weight and 40% by weight of said modified fat and said saturated fatty acids constituting between 20% and 40% by weight of said modified fat, whereby adequate dietary levels of saturated fatty acids in the absence of cholesterol stimulate VLDL synthesis and secretion by the liver, and adequate dietary levels of polyunsaturated fatty acids enhance LPL activity and generation of HDL from VLDL while stimulating the removal of VLDL remnants and LDL and [concommitantly] ~~concomitantly~~ decreasing CETP activity and HDL catabolism, and

24 ~~wherein the composition of said modified fat is consistent with the dietary fat content of the Step 1 diet of the American Heart Association~~

25 26. (Amended) A liquid and/or solid dietary composition suitable for human or animal ingestion for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum, comprising a formula diet wherein essentially all of the dietary fat which accounts for between 15% and 45% of the total dietary energy in said [liquid] formula diet is provided by a single fat or blended fat composition containing one part by weight polyunsaturated fat and at least one part by weight cholesterol-free saturated fat, wherein said single fat or [a] blended fat composition comprises linoleic acid and at least one saturated fatty acid selected from the group including lauric acid, myristic acid and palmitic acid, said linoleic acid constituting between 15% and 40% by weight of said fat composition and said saturated fatty acid constituting between 20% and 40% by weight of said fat composition;

wherein the composition of said fat composition is consistent with the dietary fat content of the American Heart Association Step I diet.

Add the following claims:

Rule 126 31 (New) The method of claim 7, wherein the composition of said daily dietary fat is consistent with the Step 1 diet of the American Heart Association.

32 (New) The method of claim 8, wherein the composition of said daily dietary fat is consistent with the Step 1 diet of the American Heart Association.

33 33 (New) The method of claims 9, wherein the composition of said fat composition is consistent with the Step 1 diet of the American Heart Association.

Rule 126  
Sub B  
31  
40. (New) A cholesterol-free fat composition suitable for human or animal ingestion for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum, wherein said fat composition contains one part by weight polyunsaturated fat and at least one part by weight cholesterol-free saturated fat, where said fat composition comprises linoleic acid and at least one saturated fatty acid selected from the group consisting of lauric acid, myristic acid, and palmitic acid, said linoleic acid constituting between 15% by weight and 40% by weight of the fat in said fat composition and said saturated fatty acid constituting between 20% and 40% by weight of the fat in said fat composition.

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41. (New) The fat composition of claim 40, wherein said fat composition is a component of a controlled diet, wherein the proportion and composition of the dietary fat in said diet are controlled.

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42. (New) The composition of claim 40, wherein said composition is suitable for deep fat frying.

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43. (New) The composition of claim 40, wherein said composition is suitable for use in a food product selected from the group consisting of baked prepared foods, dairy products, and blended food products.

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44. (New) The composition of claim 43, wherein said baked prepared foods, dairy products, and blended food products are selected from the group consisting of pies, cookies, crackers, frozen desserts, creams, cheeses, spreads, salad dressing, margarines, and mayonnaise.

Rule 126  
Sub B2 >

39  
45. (New) The composition of claim <sup>34</sup>40, wherein the balanced mixture of saturated and polyunsaturated fatty acids are provided from the group of fats consisting of a single fat, a natural blend of cholesterol-free saturated fats and polyunsaturated oils, and modified or synthetic fats incorporating chemically or enzymatically interesterified fatty acids.

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46. (New) The fat composition of any of claims <sup>34-39</sup>40-45, wherein the composition of said fat composition is consistent with the dietary fat content of the American Heart Association Step I diet.

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47. (New) A prepared food product, comprising a cholesterol-free fat composition suitable for human or animal ingestion for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum, comprising one part by weight polyunsaturated fat and at least one part by weight cholesterol-free saturated fat, where said fat composition comprises linoleic acid and at least one saturated fatty acid selected from the group including lauric acid, myristic acid, and palmitic acid, said linoleic acid constituting between 15% by weight and 40% by weight of the fat in said fat composition and said saturated fatty acid constituting between 20% and 40% by weight of the fat in said fat composition.

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48. (New) The prepared food product of claim <sup>7</sup>47, wherein the fat in said prepared food product consists essentially of said cholesterol-free fat composition.

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49. (New) The prepared food product of claim <sup>7</sup>47, wherein said prepared food product is selected from the group consisting of baked prepared foods, dairy products, and blended food products.

Rule 126 16 9  
40. (New) The prepared food product of claim ~~49~~, wherein said baked prepared foods, dairy products, and blended food products are selected from the group consisting of pies, cookies, crackers, frozen desserts, creams, cheeses, spreads, salad dressing, margarines, and mayonnaise.

45 41-44  
41. (New) The prepared food product of any of claims ~~41-50~~, where the composition of said ~~B~~ fat composition is consistent with the dietary fat content of the American Heart Association Step I diet.

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42. (New) A method of aiding a person to increase the HDL concentration and the HDL/LDL concentration ratio in the serum of said person by providing a dietary fat composition having a balance between a sufficient and required proportion of cholesterol-free saturated fatty acids and a sufficient and required, but not excessive proportion of polyunsaturated fatty acids comprising linoleic acid in said dietary fat composition, while the remaining proportion of fatty acids and energy from said dietary fat composition is provided by monounsaturated fatty acids comprising oleic acid, wherein said saturated fatty acids constitute between 20% and 40% by weight of said dietary fat composition, and wherein said linoleic acid constitutes between 15% and 40% by weight of said dietary fat composition;

all  
wherein said HDL concentration and said HDL/LDL concentration ratio will increase when the daily dietary fat accounts for between 15% and 45% of the total dietary energy and contains one part by weight polyunsaturated fat and at least one part by weight cholesterol-free saturated fat, wherein said daily dietary fat comprises linoleic acid and at least one saturated fatty acid selected from the group including lauric acid, myristic acid and palmitic acid, said linoleic acid constituting between 15% and 40% by weight of said daily dietary fat and said saturated fatty acid constituting between 20% and 40% by weight of said daily dietary fat.